



Some of our members doing a new Aerobics class.

WANNA KNOW SOME BENEFITS?

We have much more information about benefits from working out and disadvantages from not being fit on our website.

- Stronger immune system
- Higher self confidence
- Stronger mental state
- Bragging rights
- Less risk of disease or injury
- More ability
- Able to participate in more events

Local company designed with you in mind.

It's time to be in the know about health and nutrition and the benefits you will receive!

About Us

We are a new and upcoming company designed by a few members of the community that thought it was about time that adults know that they can still live happy lives with all the stress in their jobs and home life.

Happy Healthy and Hardcore has high goals for adults ages 18-55 years of age. We have certified trainers for all age groups to help with individual and group goals.

WE OFFER NUTRITION LESSONS
EVERY TUESDAY AND THURSDAY
NIGHT FROM 8:00 P.M. TO 9:00 P.M



HAPPY HEALTHY AND HARDCORE

*SO THE OLD YOU WILL BE
PROUD OF THE NEW YOU.*



What do you include in a brochure?

Here are a couple of ideas...

This spot would be perfect for a mission statement. You might use the right side of the page to summarize how you stand out from the crowd and use the center for a brief success story.

(And be sure to pick photos that show off what your company does best. Pictures should always dress to impress.)

Think a document that looks this good has to be difficult to format?

Think again! We've created styles that let you match the formatting in this brochure with just a click. On the Home tab of the ribbon, check out the Styles gallery.

“Don’t be shy! Show them how fabulous you are! This is a great spot for a glowing testimonial.”

Get the exact results you want

To easily customize the look of this brochure, on the Design tab of the ribbon, check out the Themes, Colors, and Fonts galleries.

Have company-branded colors or fonts?

No problem! The Themes, Colors, and Fonts galleries give you the option to add your own.



[Type a caption for your photo]

Don't forget to include some specifics about what you offer, and how you differ from the competition.

Our Products and Services

You could include a bulleted list of products, services, or major benefits of working with your company. Or just summarize your finer points in a few concise paragraphs.

We know you could go on for hours about how great your business is. (And we don't blame you—you're amazing!) Just remember that this is marketing—if you want to grab their attention, keep it brief, friendly, and readable.